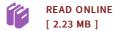




Im Not Crazy A workbook for teens with depression and bipolar disorder

By Linda de Sosa

iUniverse.com. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 8.9in. x 6.0in. x 0.3in.Teens!! It isnt fair that you have depression or bipolar disorder. You can continue along the same path, but chances are, if someone gave you this workbook, that path isnt the best. Working through these pages will help you understand what the heck everyone is talking about. You might even see some of your behaviors and thoughts. It has practical suggestions to help you cope. What does it hurt to try Ultimately, it is your choice to work through the issues. But, its kinda nice to see that you arent the only one to have these crazy thoughts. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

I actually began reading this article book. It is actually filled with wisdom and knowledge I realized this pdf from my i and dad recommended this publication to learn.

-- Rhea Toy

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe. -- Ms. Christy Ondricka DDS

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